Vermont Department of Health

Health Screening Recommendations for Children & Adolescents

Assessing Emotional And Behavioral Health

At each health screening visit, children and adolescents should receive a psychological and behavioral assessment. This may include interviews with the child and parent and the use of a variety of screening tools.

The following screening tools and guidelines are available to assist practitioners in assessing the emotional and behavioral health of children and adolescents.

- The Pediatric Symptom Checklist: (M. Jellenek & M. Murphy) A brief screening questionnaire used by pediatricians and other health professionals to improve the recognition and treatment of psychosocial problems in children. http://psc.partners.org/
- Child Behavior Checklist: (Achenbach & Edelbrock). Comprehensive approach to assessing adaptive and maladaptive behavior. www.aseba.org
- **GAPS Questionnaires:** Screen for adolescent psychosocial and behavioral issues. For general information about the Guidelines for Adolescent Preventive Services (GAPS): http://www.aafp.org/afp/980501ap/montalto.html. For downloadable questionnaires: http://www.ama-assn.org/ama/pub/category/1980.html
- The HEADDS Psychosocial Interview for Adolescents: (J.Goldering & D. Rosen) Provides an outline for conducting an adolescent psychosocial interview.
- http://www.contemporarypediatrics.com/contpeds/article/articleDetail.jsp?id=108002
- The **CRAFFT:** (Children's Hospital Boston) A brief alcohol and drug screening tool. http://www.ceasar-boston.org/clinicians/crafft.php There is no consensus that favors the use of one particular tool. For a more comprehensive review of screening tools and treatment recommendations consult *A Guide to Substance Abuse Services for Primary Care Clinicians: Treatment Improvement Protocol (TIP)* Series.

Other sources of information about behavioral, psychosocial and risk behavior assessment include the following:

Bright Futures in Practice: Mental Health provides guidelines for mental health promotion for children and adolescents in the context of health supervision visits. Includes information on psychosocial development, preventing and identifying early emotional, behavioral, or substance abuse problems, providing anticipatory guidance and counseling, and making appropriate referrals. Order at: http://www.brightfutures.org/mentalhealth/index.html

Carey, William. "Pediatric Assessment of Behavioral Adjustment and Behavioral Style." In Levine, M., Carey, M., and Crocker, A. *Developmental Behavioral Pediatrics*, Third Edition. Philadelphia. W.B. Saunders, 1999.

Committee on Psychosocial Aspects of Child and Family Health, American Academy of Pediatrics, *Guidelines for Health Supervision Ill*. Elk Grove Village, IL; American Academy of Pediatrics, 1997. (American Academy of Pediatrics: 1-800-433-9016.)

Drug and Alcohol Problem (DAP) Quickscreen. In Schwartz, R.H. and Wirtz, P.W. *Potential Substance Abuse: Detection among Adolescent Patients*. Clinical Pediatrics 29(1):38-43, Jan, 1990.

Ford, C. and Coleman, W. "Adolescent Development and Behavior Implications for the Primary Care Physician." In Levine, M., Carey, M., and Crocker, A. *Developmental Behavioral Pediatrics*, Third Edition. Philadelphia. W.B. Saunders, 1999.

Problem Oriented Screening Instrument for Teenagers (POSIT), in Rahdert, E.R. (ed.). *The Adolescent assessment/referral system manual*. USDHHS Publication No. (ADM) 9101735, 1991

U.S. Dept of Health and Human Services, Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment. *A Guide to Substance Abuse Services for Primary Care Clinicians Treatment Improvement Protocol (TIP) Series.* Rockville, DHHS No. (SMA) 97-3139, 1997.

Community Resources:

If you need assistance in identifying local resources for children in need of evaluation and treatment of emotional, behavioral, and/or drug or alcohol problems, contact one of the offices listed below.

·Clara Martin Center, Bradford 222-4477	·Lamoille Co. Mental Health 888-5026
·Clara Martin Ctr., Randolph 728-4466	·NEK Mental Health, Newport 334-6744
·Counseling Service of Addison Co 388-6751	·NEK Mental Health, St. Johnsbury 748-3181
·HCRS of Southeastern VT, B. Falls 463-3947	Northeastern Family Institute 658-0040
·HCRS of Southeastern VT, Brattleboro 254-6028	Northwest Counseling&Support Svcs 524-6554
·HCRS of Southeastern VT, Springfield 885-5781	·Rutland Mental Health Services 775-2381
·HCRS of Southeastern VT, WRJ 295-3031	·United Counseling Services 442-5491
·Howard Ctr for Human Services 658-0400	·Washington Co. Mental Health 479-4083

Children's Upstream Preventive Services (CUPS) is a statewide initiative that provides outreach, information, training, consultation, and intervention for families with children from birth to six with emotional and behavioral health needs. CUPS services may be accessed through the local mental health agencies listed above.